

MIND Diet Summary

Foods to Include	Minimum Frequency
Green Leafy Vegetables	≥6 servings a week
Other Vegetables	≥1 serving a day
Whole Grains	≥3 servings a day
Extra Virgin Olive Oil	≥2 Tablespoons a day
Nuts	≥5 servings a week
Berries	≥2 servings a week
Beans and Legumes	≥3 servings a week
Fish	≥1 serving a week
Poultry	≥2 servings a week
Alcohol/Wine	1 serving a day

Foods to Limit	Maximum Frequency
Butter and Stick Margarine	<1 Tablespoon a day
Red Meat and Processed Meat	<4 servings a week
Regular Cheese	<1 serving a week
Pastries and Other Sweets	<5 treats a week
Fried Foods and Fast Foods	<1 time a week